

# Stress, Survival & Strength: Finding Calm in the Storm!

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# **OBJECTIVES**

**To equip participants with practical tools for identifying, understanding, and effectively managing stress in both personal and professional settings**

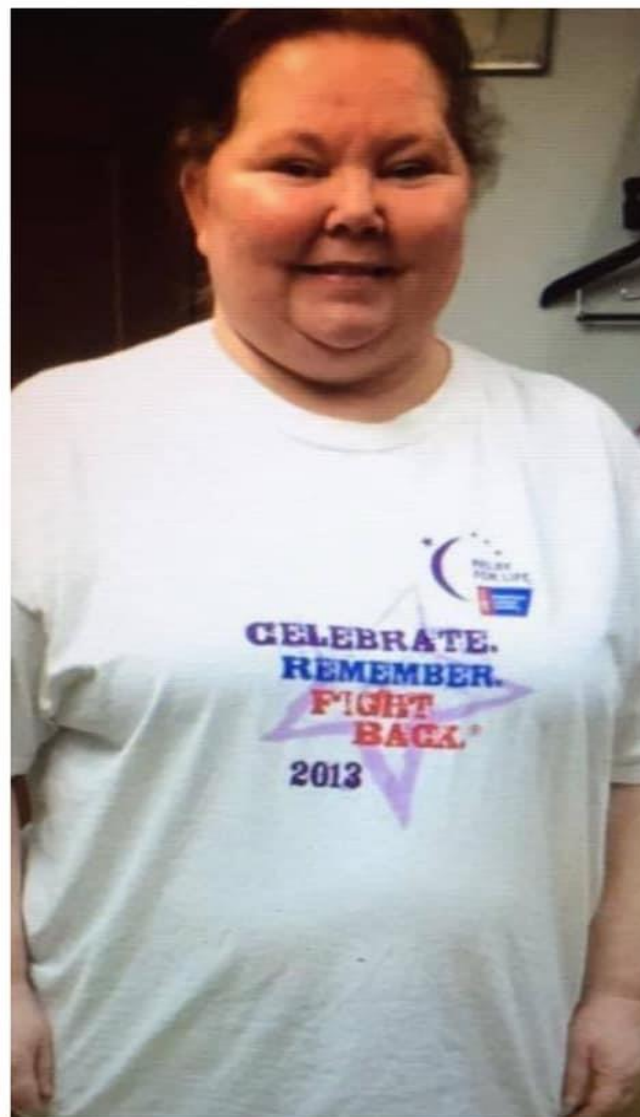
**To understand the difference between stress, burnout and compassion fatigue**

**To define self-care and how to implement it as part of a daily routine**

**To learn how to build resiliency in the workplace**



# My Story



# THE COST OF STRESS

- **\$1 trillion in lost productivity**
- **1 million workers absent**
- **\$300 billion in losses**
- **5 work hours weekly**
- **\$190 billion health care costs**

Source: The American Institute of Stress (2024)

# Key Terms

## Stress

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Stress is the body's natural response to challenging situations. It triggers a "fight or flight" reaction, releasing hormones like cortisol.

## Burnout

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Burnout is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.

## Compassion Fatigue- Secondary Trauma

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Compassion fatigue is a term that describes the physical, emotional, and psychological impact of helping others — often through experiences of stress or trauma.

# Key Terms

## Resiliency

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The capacity to withstand or to recover quickly from difficulties; toughness.

## Self-Care

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Self-care is the practice of individuals looking after their own health using the knowledge and information available to them.

## Stressors

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A stressor is a chemical or biological agent, environmental condition, external stimulus or an event seen as causing stress.



# **CAUSES OF STRESS**

## **Short-Term**

- ❖ **Time**
- ❖ **Quantity**
- ❖ **Preparation**
- ❖ **Arguments**

## **Long-Term**

- ❖ **Work/Home Problems**
- ❖ **Financial**
- ❖ **Illness**
- ❖ **Grief/Loss**

# CAUSES of Burnout

- ❖ **Workload**
- ❖ **Perceived Lack of Control**
- ❖ **Reward**
- ❖ **Community**
- ❖ **Fairness**
- ❖ **Values Mismatch**



Source: Harvard Business Review, 2019



# CAUSES of Compassion Fatigue



- ❖ **Empathetic Engagement**
- ❖ **Trauma Exposure/Prior Trauma or Stress**
- ❖ **Lack of Boundaries**
- ❖ **High Mortality Rates**
- ❖ **Work Environment**
- ❖ **Long Term Exposure**

# SYMPTOMS

Mood Swings	Changes in Appetite	Chest Pain/ Heart Palpitations	<b>DISEASES LINKED TO CHRONIC STRESS</b>
Detachment/ Withdraw	Headaches/ Migraines	Sleep Disturbances	<b>OBESITY*</b>
Addiction	Digestive Issues	Tearful	<b>HEART DISEASE*</b>
Anxiety	Asthma Attacks	Grinding Teeth/ Jaw Pain	<b>DIABETES*</b>
Depression	Panic Attacks	Loss of Libido	<b>ARTHRITIS</b>
Dizziness/ Fainting	Blurred Vision	Muscle Tension	<b>ADDICTION</b>
Exhaustion	Sweating	Inflammation	<b>HYPERTENSION*</b>
Fatigue	Changes in Weight	Memory Issues	<b>CANCER</b>
Low Back Pain	Irritability	Skin Issues	<b>STROKE</b>
Poor Judgment	Hair Loss	Procrastination/ Neglect	<b>METABOLIC SYNDROME</b>

# The 5 R's of Stress Management

Each **R** represents a different level of coping skills that can be used independently to cope with stressors, or combined into a comprehensive stress management plan.

**1**

**Rethink**

**2**

**Relax**

**3**

**Release**

**4**

**Reduce**

**5**

**Reorganize**



1

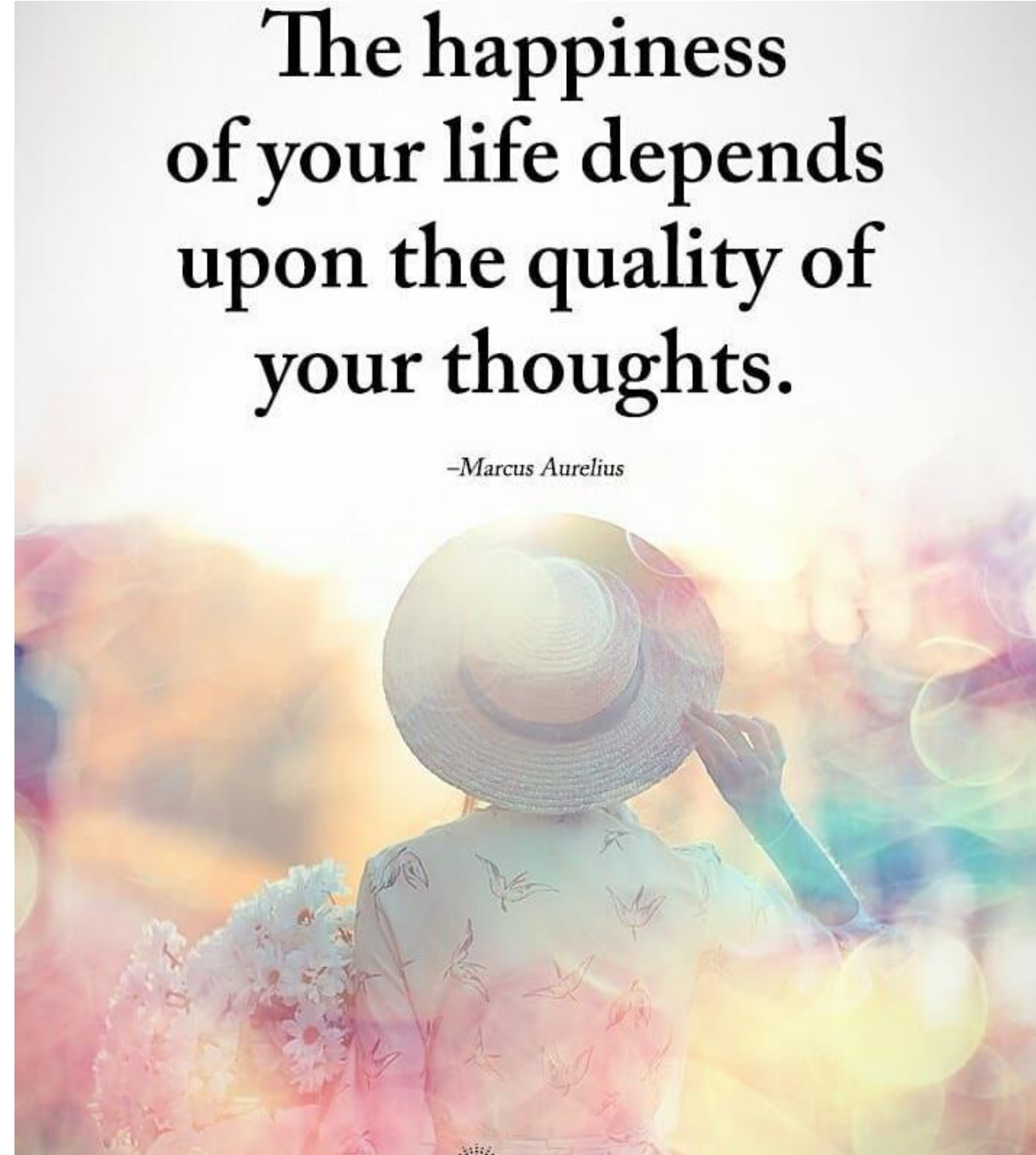
Change the way you think.

## RETHINK

Rethink works by helping you change the way you think about potential stressors and your ability to cope with the threat, harm, and loss you associate with them.

The happiness  
of your life depends  
upon the quality of  
your thoughts.

—Marcus Aurelius







# 2

## Relax and Recharge!

### RELAX

**Relax** works by putting your mind and body into a relaxed state that cancels out the stress response.



3

Create healthy habits.

## RELEASE

Release works by getting rid of stress-related muscle tension and nervous energy in healthy ways.





# 4

Cut back on the volume of stressors.

## REDUCE

Reduce works by helping you cut back on the overall volume of stressors in your life and turn the remaining ones into challenges.



5

Develop a stress-resistant lifestyle.

## REORGANIZE

Reorganize works by helping you develop a hardier, more stress-resistant lifestyle by increasing your level of wellness across all seven dimensions.



**TIME  
TO CHANGE  
YOUR LIFE**

[illegible]

- # Building Resiliency in the Workplace
- ❖ Be authentic
  - ❖ Find your calling
  - ❖ Maintain perspective
  - ❖ Manage your stress
  - ❖ Work with colleagues
  - ❖ Stay healthy
  - ❖ Build networks



**“The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to rely on or blame. The gift is yours, it’s an amazing journey and you alone are responsible for the quality of it.”**

**—Bob Moawad**





# Resources/Tools

## YouTube Videos:

National Institute of Mental Health

<https://www.youtube.com/watch?v=Rlyge4jzeFg>

National Institute of Mental Health

<https://www.youtube.com/watch?v=sTpo1FuYQ9I>

## Humor Videos:

[https://www.youtube.com/watch?v=gbU-4bF\\_pks](https://www.youtube.com/watch?v=gbU-4bF_pks)

## Websites:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>

<https://healthy.ucdavis.edu/mental-emotional/resource-library/general/relaxation>

<https://www.apa.org/topics/healthy-workplaces/work-stress>

<https://my.clevelandclinic.org/health/treatments/6409-stress-management-and-emotional-health>



QUESTIONS/  
THOUGHTS



# THANK YOU!